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CYPRUS

MEDICAL & SANITARY REPORT

1945



NICOSIA

PRINTED AT THE CYPRUS GOVERNMENT PRINTING OFFICE

1946

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MEDICAL AND SANITARY REPORT FOR 1945.

CHAPTER I.—ADMINISTRATION.

(A) FINANCIAL.

	1941	1942	1943	1944	1945
Expenditure :					
Personal Emoluments	£25,803	£25,576	£31,207	£28,988	£31,100
Other Charges	£53,588	£64,451	£76,567	£96,303	£133,940
Total	£79,391	£90,027	£107,774	£125,291	£165,040

The 1945 figure represents 4.68% (3.39%)* of the Colony's Expenditure for 1945.

	1941	1942	1943	1944	1945
Revenue	£7,482	£10,802	£13,909	£13,067	£24,510

Of the 1945 total £7,510 (£6,096) was collected from holders of Mukhtars' certificates.

(B) LEGISLATION AFFECTING PUBLIC HEALTH ENACTED DURING THE YEAR.

Law No. 4.—Public Health (Anti-Malaria) Amendment Law, 1945.

Law No. 20.—Pharmacy and Poisons Law, 1945.

Orders and Regulations.—21 orders and regulations were made during the year.

CHAPTER II.—PUBLIC HEALTH.

(A) GENERAL REMARKS.

The health of the Colony as measured by vital statistics and the incidence of notifiable diseases remained good during 1945.

Of the ex-prisoners of war who returned to Cyprus several were suffering from tuberculosis. Among the repatriated troops there were also several infected with venereal diseases.

(i) STATISTICS.

The following table shows the main causes of morbidity in relation to in-patients and out-patients (first attendances only) at hospitals, dispensaries, V.D. clinics and ophthalmic clinics.

The classification is based on the International List of Causes of Death, 1938.

Diseases treated in Government Institutions.

TABLE I.

Group	1944			1945		
	Total In-pat. treated	Deaths	Total Out-pat. †	Total In-pat. treated	Deaths	Total Out-pat. †
I. Infective and parasitic diseases ..	1,000	65	25,399	989	55	23,185
II. Cancer and other tumours ..	235	8	455	320	19	665
III. Rheumatism, diseases of nutrition and of the endocrine glands, other general diseases and vitamin deficiency diseases	205	3	8,087	223	5	5,438
IV. Diseases of the blood and blood-forming organs	50	4	2,571	70	10	2,296
V. Chronic Poisoning and Intoxication	46	6	186	13	—	55
VI. Diseases of the nervous system and sense organs	258	14	22,943	345	21	24,479
VII. Diseases of the circulatory system	251	23	3,732	251	35	4,331
VIII. Diseases of the respiratory system	538	22	10,287	534	18	10,956
IX. Diseases of the digestive system ..	1,932	43	22,493	1,935	46	22,607
X. Diseases of the urinary and genital systems (not venereal or connected with pregnancy or the puerperium)	434	14	4,226	593	19	4,175
XI. Diseases of pregnancy, childbirth & the puerperal state	1,101	21	1,686	1,246	17	1,939
XII. Diseases of the skin and cellular tissue	349	—	13,516	254	—	14,966
XIII. Diseases of the bones and organs of movement	302	8	979	288	10	1,842
XIV. Congenital malformations	19	—	62	18	1	61
XV. Diseases peculiar to the first year of life	45	—	66	41	1	258
XVI. Senility, old age	8	2	247	3	1	357
XVII. From violence	797	20	8,788	924	21	8,707
XVIII. Ill-defined causes	106	—	2,969	103	2	2,058
Total	7,676	253	128,692	8,150	281	128,375

	1944	1945
Average number of deaths per 1,000 in-patients ..	33	34
Total number of days spent by the patients in hospitals ..	101,127	90,804
Average number of days per patient in hospital ..	13.2	11.1

* Figures in parenthesis refer to the year 1944 throughout the Report.

† No death was recorded among the out-patients.

(ii) NUTRITION.

On the whole the nutritional state of the people was maintained on a satisfactory level. No typical cases of deficiency diseases were reported.

A quantity of Food Yeast was received from the Ministry of Food in order to carry out nutritional experiments with a view to increasing the intake of the B group of vitamins and also of some aminoacids.

Nutrition runs on parallel lines with the standard of living which has been definitely improved during the war.

(iii) CONTROL OF DANGEROUS DRUGS.

Permits issued for local transfer of these drugs numbered 333. 317 inspections were carried out by the department under the Defence Orders, Pharmacy Laws, and Dangerous Drugs Laws. One person was prosecuted by the Police and 22 by the Medical Department for offences against the relative Laws.

(B) DISEASES.

I. GENERAL SYSTEMIC AND COMMUNICABLE DISEASES TREATED IN GOVERNMENT INSTITUTIONS.

The figures are given in Table I.

II. COMMUNICABLE DISEASES.

Of the important communicable diseases only tuberculosis and diphtheria were above the 5-year median (1940-1944).

(a) *Insect-borne diseases.*

MALARIA.

5,908 (7,686) cases of all forms were reported by Government Medical Officers. The new insecticide D.D.T. was used in some areas with excellent results. Dr. F. L. Soper of the Rockefeller Foundation visited Cyprus and considered that the complete eradication of anopheles in Cyprus was a possibility. £20,000 was allocated to an experimental anopheles eradication scheme to be undertaken in the Karpass area. Permanent anti-malarial works were carried out throughout the year at Syrianokhori.

TYPHUS.

Three cases of tick-borne typhus fever were reported and one imported case of typhus exanthematous (louse-borne).

(b) *Infectious diseases.*

TUBERCULOSIS.

275 (223) cases of tuberculosis all forms were notified during the year. This figure is the highest recorded since 1940 when T.B. all forms were made notifiable by law. One factor in this apparent increase is the number of ex-servicemen and women that have been reported as suffering from tuberculosis; up to the end of the year 84 had been reported, 43 of them ex-prisoners of war.

It has not yet been possible for Government to take over the chest clinics from the Cyprus Anti-Tuberculosis League as anticipated in the annual report for 1944; so clinics have not yet been established in Famagusta and Paphos. The work, however, has continued although this has been a serious drain on League * funds which are urgently required for assisting necessitous patients. 891 (1,210) home visits were made by Health Visitors.

* Anti-Tuberculosis League.

Work at the Anti-Tuberculosis League Clinics.

TABLE II.

	1940	1941	1942	1943	1944	1945
Total number of attendances	682	881	1,088	1,832	2,427	2,856
New T.B. cases	110	100	120	131	146	170
A.P. Refills	7	262	465	834	1,084	1,305

During 1945 work continued at both Kyperounda and Aghirda Sanatoria; 66 and 45 patients were admitted respectively. In September the old Athalassa Sanatorium was released by the War Department but it was not possible for the buildings to be used as a Sanatorium during the year.

Treatment was again unfortunately hampered by shortage of trained staff but with the prospect of obtaining holders of the Tuberculosis Association Certificate from the United Kingdom in 1946, it is anticipated that this difficulty will now be solved.

VENEREAL DISEASES.

(Cases treated in the V.D. Clinics.)

TABLE III.

Disease	Total	New patients		Old patients continuing their treatment
		New Cases	Chronic Cases	
Syphilis	1,796	144	328	1,324
Gonorrhoea	2,203	308	475	1,420
Other V.D.	429	429	—	—
Total	4,428	881	803	2,744

Prophylactic Centres.

Six private and five municipal prophylactic centres functioned during the year ; the attendances were as follows :—

<i>Nicosia</i>		<i>Larnaca</i>		<i>Limassol</i>		<i>Famagusta</i>		<i>Paphos</i>		<i>Total</i>
46,529	..	10,605	..	27,394	..	7,760	..	1,153	..	93,441

TYPHOID FEVER.

522 cases were reported, *i.e.* 120 cases per 100,000 of population. The cases were all of sporadic form. A brief study of the seasonal incidence of typhoid fever, dysentery and diphtheria based on the notifications submitted by medical practitioners in accordance with the provisions of the law relating to infectious diseases, was made. The number of the monthly cases has been expressed as a percentage of the average monthly number of cases for the same year ; and the average of these monthly percentages for the fifteen years, 1931–1945, gives the relative monthly prevalence of the above-mentioned diseases. Table IV and Graph I based on an annual total of 120 cases (10 per month) show the position.

Typhoid fever cases rise sharply in July and attain their maximum prevalence in August. The seasonal peaks are in July, August and September. (In the northern hemisphere typhoid and paratyphoid fevers usually reach their peak incidence in September and October). Then there is a continuous slight fall in October and November followed by slight increase in December. After December a considerable decrease is observed for the first four months of the year, the minimum prevalence of typhoid fever being in March ; then starts the increase in the number of typhoid fever cases which attain their average prevalence in June.

DYSENTERY.

There had been a gradual decrease in the number of notified cases of dysentery since 1942. The figures for the past four years are :—

1942		1943		1944		1945
302	..	211	..	191	..	99

The seasonal incidence of dysentery is shown in table IV and Graph I. During the first four months of the year the incidence of dysentery is on a low level and then it rises sharply in May and attains its maximum prevalence in June. The seasonal peaks are in June, July and November.

DIPHTHERIA.

There was a rise in the incidence of this disease during the Autumn months. This, however, was not an epidemic outbreak. 114 cases were reported during the year. A remarkable feature of the diphtheria cases in the Autumn was the high proportion of laryngeal cases. The seasonal incidence of diphtheria is shown in Table IV and Graph I.

Diphtheria cases rise sharply in September and attain their maximum prevalence in October. The seasonal peaks are in September, October and November ; then there is a slight fall in the number of cases in December which continues in January. A big decline is observed after January and during the months of April, May, June and July the incidence of diphtheria is negligible.

TABLE IV.

Relative monthly prevalence of Typhoid, Dysentery and Diphtheria.

<i>Month</i>							<i>Typhoid</i>		<i>Dysentery</i>		<i>Diphtheria</i>
January	..	..	..	..	..	..	9.1	..	5.4	..	12.6
February	..	..	..	..	..	..	3.8	..	2.1	..	6.3
March	..	..	..	..	..	..	2.2	..	1.8	..	6.4
April	..	..	..	..	..	..	3.0	..	4.1	..	3.3
May	..	..	..	..	..	..	5.6	..	12.0	..	2.5
June	..	..	..	..	..	..	10.1	..	18.2	..	1.5
July	..	..	..	..	..	..	15.4	..	16.8	..	2.9
August	..	..	..	..	..	..	17.7	..	13.0	..	8.6
September	..	..	..	..	..	..	16.6	..	9.3	..	18.3
October	..	..	..	..	..	..	13.0	..	11.8	..	21.4
November	..	..	..	..	..	..	11.2	..	16.0	..	21.2
December	..	..	..	..	..	..	12.3	..	9.5	..	15.0
Number of cases analysed							8,719	..	2,929	..	1,145

TRACHOMA.

The situation has considerably improved during the last few years not only in the prevalence but also in the cure of the disease. Figures relating to new trachoma cases are contained in Table V.

No high debilitation or impairment of sight is nowadays observed.

One oculist was trained in Jerusalem for six months in eye work with special reference to trachoma and it is hoped that when the " Princes Royal Charitable Fund Scheme for the Control of Trachoma " comes into being, much could be done in the way of checking the infection down.

LEISHMANIASIS.

Until recently it was thought that the infection was mainly restricted in the North range of Kyrenia District ; this still holds for Kala-Azar, but the Oriental Sore type of the infection has been reported from many other parts of the Colony.

In the 1944 report it was stated that both visceral and cutaneous leishmaniasis appeared to be widespread among the canine population but the Chief Veterinary Officer states that :—

- (a) visceral leishmaniasis cannot, in our present knowledge, be regarded as widespread among the canine population, and
- (b) cutaneous leishmaniasis has not yet been found in dogs in Cyprus.

GRAPH 1.

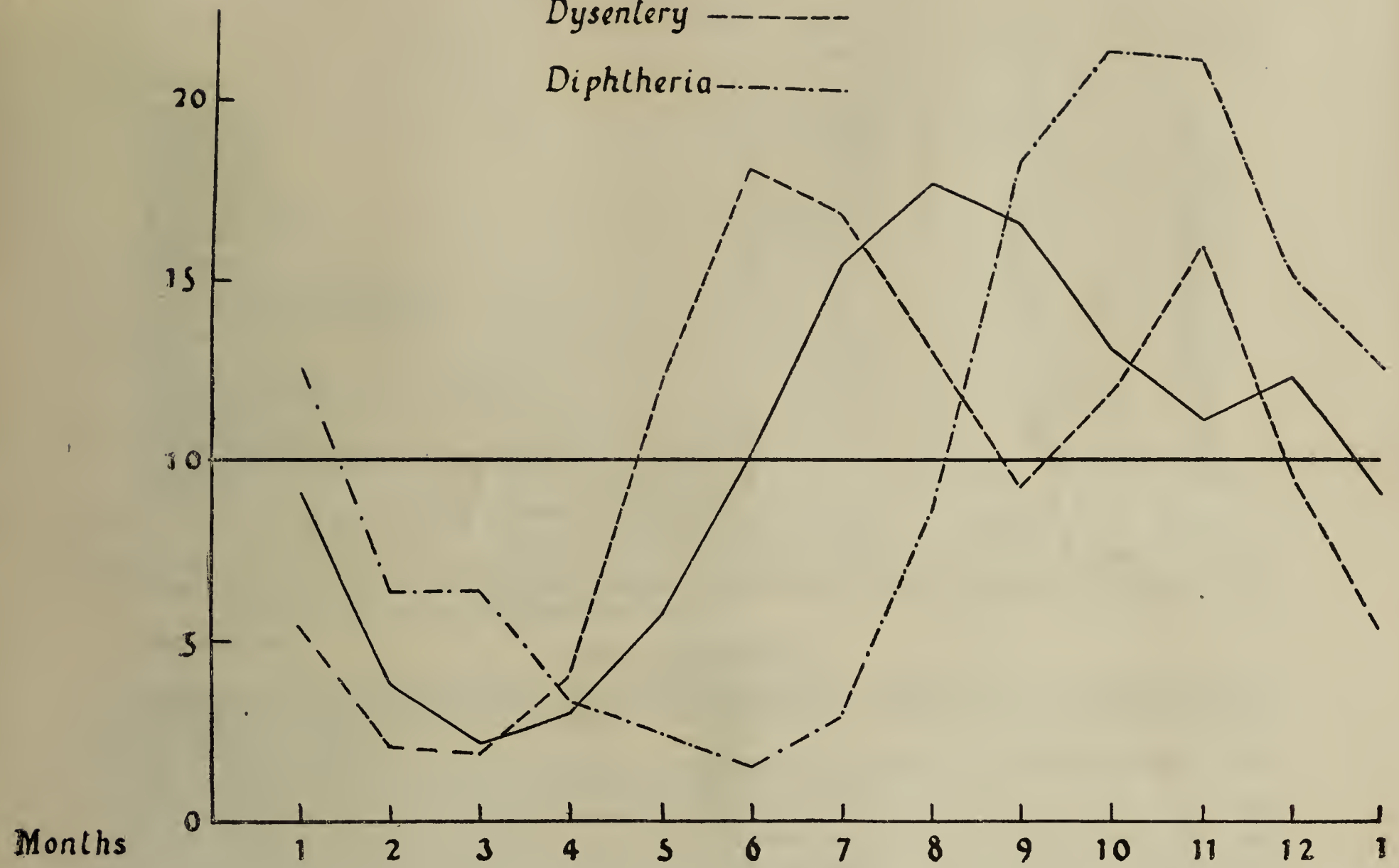
Relative
number
of cases

Seasonal incidence of

Typhoid —————

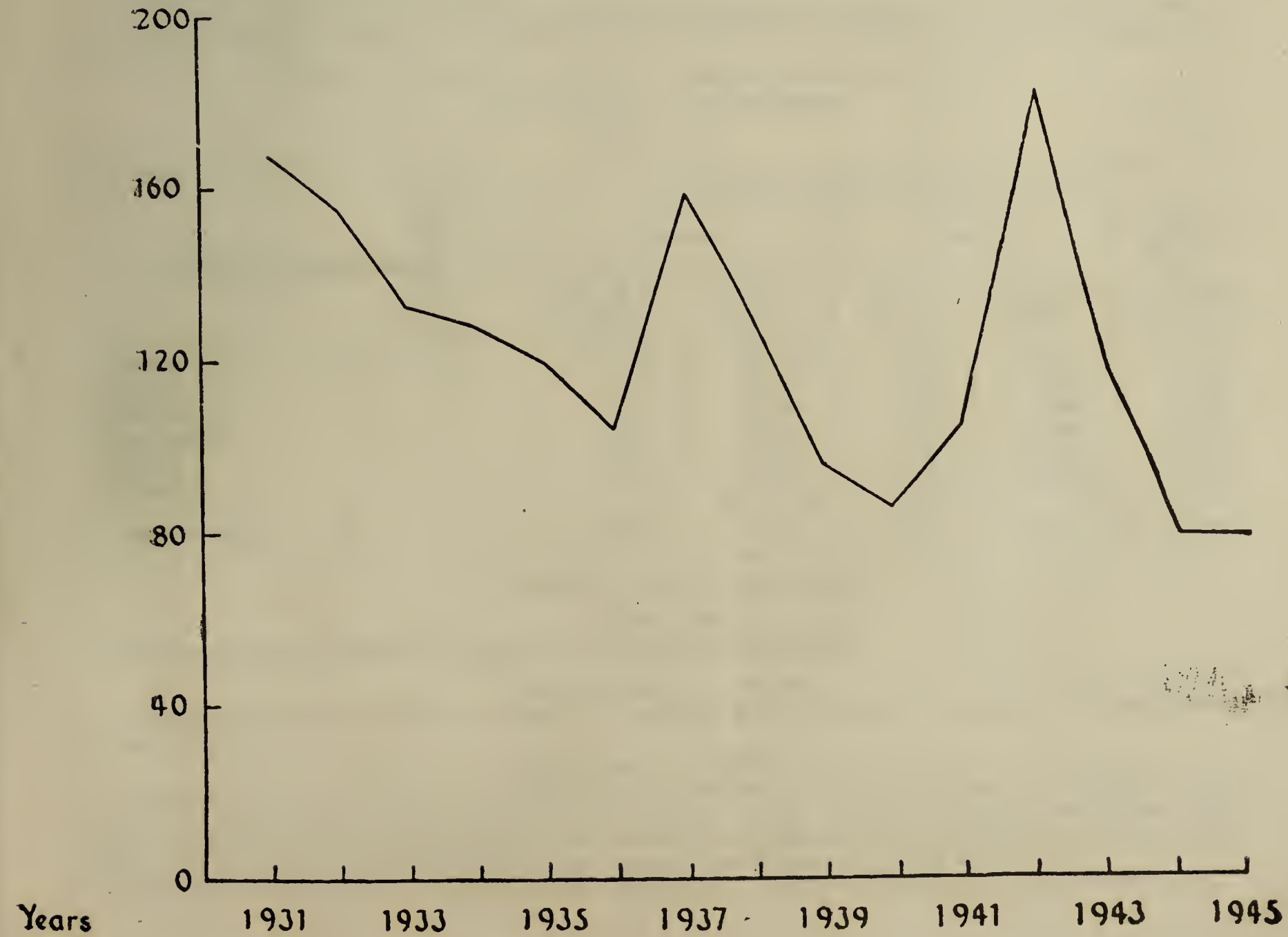
Dysentery - - - - -

Diphtheria - · - · -



GRAPH II.

Annual infant mortality rate
per 1000 live births 1931-1945.



NOTIFIABLE DISEASES.*

The following table shows the cases of notifiable diseases reported during the past three years :—

TABLE V.

Disease	1943	1944	1945
Small-pox	—	3	—
Chicken pox	116	193	187
Diphtheria	42	39	114
Scarlet fever	3	2	4
E.C.S. Meningitis	35	35	10
Typhoid	1,155	505	522
Dysentery	211	191	99
Tuberculosis (all forms)	238	223	275
Acute Anterior Poliomyelitis	—	4	1
Trachoma	1,228	906	880
Leprosy	12	7	5
Whooping cough	1,199	42	21
Anthrax	4	1	4
Relapsing fever	26	2	2
Typhus (louse borne)	—	—	1†
Dengue	—	—	1†
Total	4,269	2,153	2,126

* NOTE : Measles ceased to be a notifiable disease by virtue of the Defence Regulations published in the *Cyprus Gazette* of the 29th October, 1942.

† Imported cases.

(c) VITAL STATISTICS.

Population.—The population of Cyprus on the 30th June, 1945, is estimated to have numbered 434,616. This figure shows an increase of 9,960 as compared with last year's figure. The total recorded increase since the census of 1931 was 86,657.

Births.—The total number of births registered in 1945 was 13,269 or 30.53 per 1,000 of population. This figure shows a decrease to last year's birth rate which was 33.74 per 1,000 of population.

Deaths.—The total number of deaths registered in 1945 was 4,111 as compared with 4,263 in 1944. The death rate was 9.46 per 1,000 of population as compared with 10.04 per 1,000 of population in 1944. The total number of infant deaths registered in 1945 was 1,075. The infant mortality rate per 1,000 live births was 81.02 as compared with 81.79 in the previous year. This was the lowest recorded for the last 15 years. Graph II is relevant.

An inquiry was made to ascertain the proportion of deaths certified by medical practitioners to the total number of deaths. As the records kept were not quite accurate only a rough estimate could be made. It has been found that the proportion of deaths certified by medical practitioners was 37% for the whole island, 80% for urban areas and 21% for rural areas.

Marriages.—The number of marriages celebrated during 1945 was 4,064 or 9.4 per 1,000 of population. The highest marriage rate during the last fifteen years was that of 1943, being 9.9 per 1,000 of population.

RETURN OF BIRTHS AND DEATHS IN THE SIX DISTRICTS OF THE ISLAND.

(Including the six principal towns)

TABLE VI.

Districts including towns	(For the year ended 31st December, 1945)				
	Births		Deaths		Infant mortality rate per 1,000 live births
	No. of live births	Rate per 1,000	No. of deaths	Rate per 1,000	
Nicosia	4,135	30.27	1,300	9.52	75.70
Larnaca	1,674	32.26	487	9.38	71.09
Limassol	2,162	30.28	709	9.93	79.56
Famagusta	2,748	29.84	814	8.84	74.24
Paphos	1,803	32.92	549	10.02	112.58
Kyrenia	747	26.78	252	9.04	85.67
Whole Island	13,269	30.53	4,111	9.46	81.02

(d) HYGIENE AND SANITATION.

REFUGEES.

The repatriation of refugees in conjunction with UNRRA continued.

HEALTH INSURANCE SCHEME.

The Health Insurance Scheme for regular Government workers operated successfully. Further benefits are anticipated.

RURAL HEALTH CENTRES.

The establishment of the first Rural Health Unit at Athienou in February has been an unqualified success, but the progress was rather slow owing to lack of trained personnel. However, demands from various village communities are being constantly received for the establishment of Rural Health Units, which indicates that the villagers themselves welcome the scheme and are anxious to have their own Health Unit.

A house to house survey was carried out in the Unit area. 1,642 houses in 8 villages have been surveyed.

CHAPTER III.—PORT HEALTH WORK.

The close supervision exercised over the sea and air traffic was maintained. It can be stated that the Port Health Work stood the test of the war during which considerable numbers of foreigners (soldiers and refugees), originating from countries where the dangerous infectious diseases are prevalent, were disembarking in all sea and air ports.

CHAPTER IV.—MATERNITY AND CHILD WELFARE.

661 cases were attended by the midwives and their pupils. This figure includes both domiciliary and hospital confinements.

MATERNITY WARDS.

					1943		1944		1945
<i>Cases—</i>					—		—		—
(1) Normal labour	..	..	..	..	419	..	540	..	637
(2) Complicated	..	..	..	..	63	..	138	..	152
					— 482	..	— 678	..	— 789
<i>Deaths—</i>									
(1) Mothers	..	..	..	..	6	..	9	..	5
(2) Infants born alive	..	..	..	..	20	..	33	..	28
					— 26	..	— 42	..	— 33
Still births	..	..	..	..	43	..	74	..	71

CHILD WELFARE.

Welfare centres functioned at all the chief towns and Athienou, except Kyrenia. They are financed and managed by voluntary efforts assisted by grants from municipal councils. 17,263 (12,358) attendances were recorded and 3,538 home visits were made.

CHAPTER V.—HOSPITALS, DISPENSARIES, CLINICS AND LABORATORIES.

The following comparative table shows the number of in-patients and out-patients seen, and operations performed during 1943, 1944 and 1945.

The number of out-patients does not include the patients who attended V.D. clinics, dental clinics and ophthalmic clinics.

GOVERNMENT HOSPITALS.

The Government took over the four State-aided hospitals as from 1st January, 1945.

TABLE VII.

Hospital	In-patients			Out-patients			Operations		
	1943	1944	1945	1943	1944	1945	1943	1944	1945
Nicosia	2,453	2,346	2,588	30,249	27,452	15,266	1,376	1,436	1,469
Larnaca	1,069	1,118	1,214	10,267	11,475	11,086	324	495	447
Limassol	911	940	1,027	12,278	12,307	13,125	517	583	562
Famagusta	960	914	821	8,360	9,000	11,325	562	579	435
Paphos	491	484	496	4,662	5,320	5,745	152	113	147
Kyrenia	569	404	473	8,035	5,368	4,466	51	45	119
Total	6,453	6,206	6,619	73,851	70,922	61,013	2,982	3,251	3,179

MENTAL HOSPITAL.

No serious illness occurred among the mental patients who were kept busy in different occupations according to their capacity and skill.

Movement of patient population.

TABLE VIII.

	Total	Male	Female
Remaining at end of 1944	274	168	106
<i>Admissions—</i>			
Admitted for the first time	64	38	26
Re-admitted	23	20	3
On termination of parole	10	7	3
Total number under care and treatment	371	233	138
<i>Discharges—</i>			
Recovered	27	21	6
Improved	13	7	6
Not improved	1	1	—
On parole	22	15	7
Deaths	21	14	7
Total of patients discharged and dead	84	58	26
Remaining at end of 1945	287	175	112

LEPER FARM.									
					<i>Males</i>				<i>Females</i>
									<i>Total</i>
Remaining at end of 1944	62	..	30	..	92				
Admitted	3	..	5	..	8				
					100				
Discharged on parole	2	..	1	..	3				
Died	2	..	4	..	6				
					9				
Remaining at end of 1945	61	..	30	..	91				

DISPENSARIES.

The following figures show the work carried out at the six district and eighteen rural dispensaries. (In 1943 and 1944 the rural dispensaries were 17).

					1943				1944				1945
					—				—				—
Number of first attendances	..	..	..	..	157,486	..			153,925	..			145,973
Subsequent attendances	..	..	..	..	175,540	..			167,257	..			177,740
Number of dressings	..	..	..	..	56,934	..			48,705	..			54,496
Number of prescriptions executed	..	..	..	..	394,964	..			431,709	..			447,760

OPHTHALMIC CLINICS.

The following table shows the work done by travelling and honorary oculists at ophthalmic clinics.

TABLE IX.											
1944						1945					
						Total	Trachoma	Other eye diseases	Total	Trachoma	Other eye diseases
New attendances	14,308	2,199	12,109	14,788	2,876	11,912					
(Not necessarily new cases)											
Subsequent attendances	24,275	14,451	9,824	17,900	12,600	5,300					
Operations	400			336							

DENTAL CLINICS.

The total number of attendances at the Hospital Dental Clinics, town schools, the Lapithos Reform School, the Central and Athalassa Prisons, the Mental Hospital, the Kyperounda Sanatorium, the Leper Farm, the Athienou Rural Health Unit and the schools of Athienou was 38,984, (17,598 being first attendances). 27,161 extractions, fillings and other dental treatments were carried out. Five new Dental Sections were added, one section for each of the following :—Government Regular Employees, the Athienou Rural Health Unit, the Lapithos Reform School, the Aghirda Sanatorium and the Athienou schools. The number of the total Government Dental Clinics is 27. During the year the services of the three Dental Officers were extended to 208 village schools at which 11,239 pupils were examined and treated.

GOVERNMENT PATHOLOGICAL LABORATORY.

The number of specimens examined excluding medico-legal cases and autopsies was 16,373 (18,576). Fees amounting to £206. 4s. 1p. were paid into revenue.

GOVERNMENT CHEMICAL LABORATORY.

The number of samples examined or analysed was 3,425 (2,529), of which 97 (187) were connected with criminal cases.

Analytical work or work of an advisory nature was also undertaken for the Controller of Supplies ; (Defence Orders Special Branch).

SCIENTIFIC EDUCATION.

The usual examination for the Government Certificate in Chemistry was held on the 15th–16th January, 1945. Fourteen candidates presented themselves, ten of whom passed the examination and were awarded the Government Certificate in Chemistry.

Pharmacy examinations were held on the 1st and 2nd November, 12 candidates presented themselves, 6 of whom passed the examination.

CONTROL OF PROFESSIONAL PRACTICE.

18 medical practitioners, 6 dentists, 6 chemists and druggists and 8 midwives were registered during the year.

CHAPTER VI.—TRAINING OF LOCAL MEDICAL AND HEALTH PERSONNEL.

Ten girls, continue their training at the Nursing School of the American University at Beirut.

Four persons were sent under the Colonial Development and Welfare Scheme to study medicine in the United Kingdom.

One medical officer was sent to the United Kingdom to specialize in tuberculosis work.

The School for Health Inspectors continued to function and guest students from Syria and Iraq attended the courses.

The training of midwives was continued.

One oculist of the Department attended a course on eye diseases at the St. John Ophthalmic Hospital in Jerusalem.

R. L. CHEVERTON,

Director of Medical Services.

12th March, 1946.

